



Atrium Health

Name: _____

FLEXIBLE SIGMOIDOSCOPY PREP INSTRUCTIONS

Medication Guidelines

The morning of the procedure you may take medications for:

High blood pressure, Heart conditions, Asthma / Lung conditions, Seizures, Thyroid conditions, and Anxiety

****Please take these with just a small sip of water, 3 hrs prior****

***If you take Coumadin/Plavix or other blood thinners and we have not already discussed with you how to take this medication, please call your physician office for specific instructions.**

You will need to purchase (over-the-counter): 1 bottle of Miralax (8.3 oz) mix whole bottle with 32 oz. Gatorade

2 Plain Fleet Enemas

The day before your Scheduled Sigmoidoscopy:

- **AFTER LUNCH:** Start clear liquid diet; Nothing **Red** or **Orange** in color. Can have Tea, Broth, Spite, Ginger Ale, Jell-O, Popsicles, Cola and diet cola. (**Brown, yellow, clear**)
- **6 PM:** Drink 1 bottle of Miralax/Gatorade solution

On the day of your Sigmoidoscopy:

- **4 HOURS PRIOR TO PROCEDURE TIME:** _____
Begin 2 Fleet Enemas (One after the other)
- **3 HOURS PRIOR TO PROCEDURE TIME:** _____
NPO (Have nothing by mouth, including water)

You are scheduled with:

Dr. _____ on _____ @ _____

Please Arrive at: _____ am/pm. Your Procedure time is at: _____ am/pm

Gastroenterology

Corlan Eboh, MD
 Nicholas Anthony, MD
 Shailendra S. Chauhan, MD
 Andrew M. Dries, MD
 Brittany Seminara, MD
 Jennifer Wellington, DO
 Maithili Chithavis, MD

David S. Sachar, MD
 Richard L. Sigmon, MD
 David C. Olson, MD
 Lee B. Sigmon, MD
 Linsey E. Spence, DO
 Joseph Zeidan, MD
 Natasha Adlakhia, MD

Thomas Pacicco, MD
 Nilesh Lodhia, MD
 Baha Moshiree, MD
 Lauren I. Browne, MD
 Jason J. Lewis, MD
 Milin Patel, MD
 Paris Charilaou, MD

Atrium Health Gastroenterology and Hepatology

Name: _____

Carolinas Gastro Center Ballantyne
15110 John J Delaney Drive, Suite 120
Charlotte, NC 28277
704-512-2140

Carolinas Gastro Center Kenilworth
1225 Harding Place, Suite 5200
Charlotte, NC 28204
704-355-4178

Atrium Health Main
1000 Blythe Boulevard, 4th floor Endoscopy Unit
Charlotte, NC 28203

Atrium Health Pineville
10628 Park Road, 1st Floor Endoscopy Unit
Charlotte, NC 28210

Atrium Health Mercy
2001 Vail Avenue
Charlotte, NC 28207

Huntersville Endoscopy Center
16455 Statesville Rd, Suite 114
Huntersville, NC 28078
704-237-9290